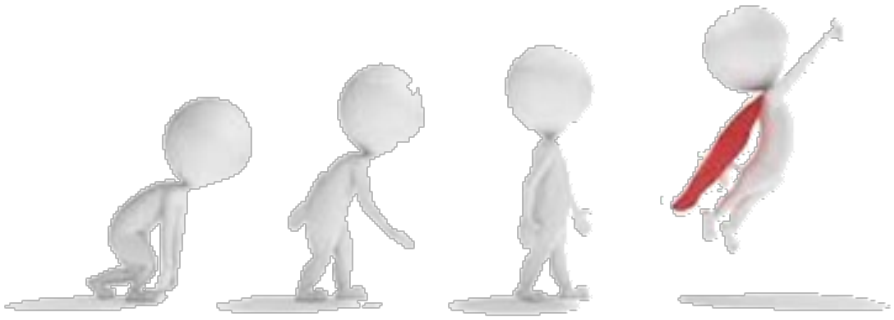
Finding The Way to My-self



From Survival to Living

Find core decisions and the sentences that navigate our life

Our internal unconscious statements we tell ourselves
Core beliefs and core decisions are internal representations developed through early life experiences and shock traumas. They are unconscious beliefs formed by protective responses to overwhelming or traumatic experiences - especially with caregivers and those close to us. They serve as filters that shape our understanding of ourselves, others, and the world around us.
Core beliefs determine how we navigate in life and relate in general.
Being aware of them and their impact on our lives is fundamental for our emotional health and personal growth.

- Core beliefs/ decisions manifest both as muscular tensions (somatic armoring) and in psychological beliefs (cognitive patterns).
- Different muscle groups store memories of early developmental conflicts and shock trauma.
- Core decisions are often rigid, limiting a person's potential.
- Since trauma is stored in specific muscles, connecting to these muscles, as well as identifying core beliefs, can help change them.

We will explore
- The different ways traumatic events are affecting our lives:

*** Conscious and unconscious, * physically and non-physically, * via biology, * behavior, * emotions, * thoughts, * ideas and attitudes.**

- How to make a safe enough space, dignity and mutual connection and open for the possibility of safe enough people in our lives. It gives us the possibility to go into the core sentences from a trauma and come back to **here and now** and our capacity to think, reflect, plan, learn and grow.
- The different ways our inheritance includes forms of resilience and resources that we can tap into

Date: January 16 – 18, 2026 **Time:** Friday – Saturday 10-17, and Sunday 10-14

Place: Ådalsparken, Hørsholm, (Nearby Copenhagen), Denmark.
Max 26 participants. **Language:** English

Target group:
psychotherapists, doctors, body therapists, social workers, alternative practitioners and interested parties from similar professional groups.

Core Self and Trauma:

from the Red Thread of trauma to Ariadne's Thread to the Line of Scarlet Thread.

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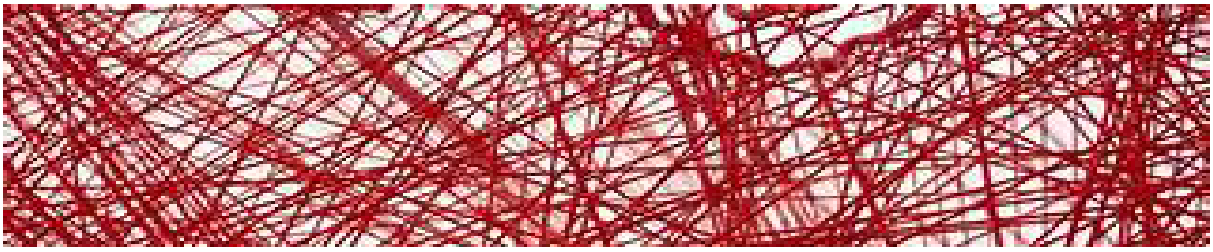
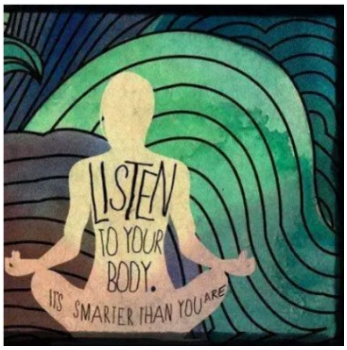
Core Self is a concept that is largely discussed in philosophy and psychology in different terms: * authenticity, * true self, * nuclear self, * core identity and such, and is related to our potential for satisfying and fulfilling life.



Trauma injures our connection to our core self in many ways, especially by tearing connections to self and others, constricting our being, increasing specific reactivity (hyper or hypo reactivity) and casts the shadow of shame that trauma is infused with.

We will explore this concept theoretically and experientially, how is it affected by the 3 different types of traumas and how can we heal and reestablish our connection with it and find ways of live and accept difficult truths.

When we identify the thread that goes through the different traumas, we can use it to find the way out of the maze that limits and stirs our life, and transform it to a protective and inoculating resource at the present and for the future.



“Here-and-now through a there-and-then”

As humans, we carry all our ages inside us – just as our brain and nervous system contains reminiscences of the entire evolutionary history of mankind. In the same way, we also carry our ancestors' experiences as an integral part of our biological organism and thus also as our emotional and cognitive horizon of experience.
We always experience a here-and-now through a there-and-then.

Everything that is unresolved from the past leaves its mark on our lives in the present and will thus also influence our future.

Children born to people who were diagnosed with PTSD are at a much greater risk than other children to develop PTSD, depression, or an anxiety disorder and various physiological and psychological symptoms related to trauma and shame – sense of being “wrong”.

We will explore how our Life-stories in our genes from our ancestors which is also called “somatic experience” stir the difference in Hyper and Hypo-reactions in the muscles and in the arousel system and body-memory and affects the body-posture we have and how to work it. Somatic memories experiences that we cannot remember with our explicit memory, but which are nevertheless stored in the brain’s neural network as sensations that are not linked to a narrative.

Daily Programme

Learning the theories, working with the body, the emotional system and the mind, we will:

- Practise body exercises to get into the body sensing.
- Acknowledge the body memory, make space for it to find the connections to regular behavior and beliefs and practice skills to change it.
- Learn to acknowledge small changes in our inner state.
- Have time for deep personal work and working together using the skills.

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Accommodation: Hotel rooms at the teaching place – fast booking as there is only 14 rooms, Link

Price: Dkr: 3.300 kr. /€ 450 **First 10:** DKK 2.800 /€ 380.
Coffee, tea and other treats included.

Payment by submission: Wisbom ApS, Nordea, DK: Reg.nr: 2680 Kontonr: 9035581283
Transfer: IBAN number: DK1920009035581283, SWIFT/ BIC CODE: NDEADKKK, **Paypal:** Lenwis@
Payment through **Wise** or **Mobile Pay** are also possible. **Remember to write your name** 😊

Registration: write to lene@bodynamic.dk

Adily Elstein

Clinical Psychologist and Certified Supervisor, Bodynamic Analyst and supervisor and Foundation Teacher, Somatic Experiencing Practitioner, Provider and Supervisor.

Over 35 years of clinical and teaching experience in psychotherapy and trauma treatment for children, adults, and parental counseling. Specializes in relationship-focused psychotherapy, integrating body-oriented approaches with psychodynamic understanding.

Lene Wisbom

Psychomotor Therapist, Reflexologist, Cranio Sacral Therapist, Kinesiologist. Bodynamic Analyst – Body psychotherapist, and supervisor, as well as senior teacher in Bodynamic International.

Over 45 years worked as a Psychomotoric and more than 30 years as a Psychotherapist/ Analyst teaching groups and has own clinic. Specialized in Functional Anatomy and love to connect the psychological themes with how we move and think.

In addition, Map and Surveying Technician, Neurofeedback Trainer and Neuro Muscular Test Trainer.

Time frames:

January 15, 2026: Arrival after 4 PM/ 16.00 for some of the participants - Adily and Lene will be there.
January 16-17: Work every day from 10 AM to 5 PM/ 10 – 17
January 18: Work from 10 – 2 PM/ 10 – 14.00 – leaving
Breakfast between 8 – 9.30, Lunch from 13-14.30 and Dinner from 18.30

There are kitchen so we can do meals together or bring ourselves
Further information around transportation connect with Lene - lene@bodynamic.dk

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